

CLAIMS

1 claim:

1.

2) A method for weight control in a mammal, comprising administration of a composition comprising: Caffeine, Adrenergic Amine, Forskolin, Guggulsterone, Alpha-2 Receptor Antagonist, and Vinca Alkaloid.

2.

3) A method as in claim 1 further comprising Black Pepper Extract.

3.

4) A method as in claim 1 wherein said Adrenergic Amine is selected from the group consisting of Syneprhine, Hordenine, Octopamine, Tyramine And N-Methyltyramine.

4.

5) A method as in claim 1 wherein said Alpha-2 Receptor Antagonist is Yohimbine.

5.

6) A method as in claim 1 wherein said Vinca Alkaloid is Vinpocetine.

6.

7) A method as in claim 1 wherein said administration comprises a therapeutically effective dosage.

7.

8) A composition comprising Caffeine, Adrenergic Amine, Forskolin, Guggulsterone, Alpha-2 Receptor Antagonist, and Vinca Alkaloid.

8.

9) A composition as in claim 7 further comprising Black Pepper Extract.

9.

10) A composition as in claim 7 wherein said Adrenergic Amine is selected from the group consisting of Syneprhine, Hordenine, Octopamine, Tyramine And N-Methyltyramine.

10.

11) A composition as in claim 7 wherein said Alpha-2 Receptor Antagonist is Yohimbine.

11.

12) A composition as in claim 7 wherein said Vinca Alkaloid is Vinpocetine.

12.

13) A composition as in claim 7 wherein said administration comprises a therapeutically effective dosage.

13.
14) The composition of claim 7 formulated for enteral administration comprising said unit dosage form admixed with flavors and sweeteners.

14.
15) The composition of claim 7 formulated for enteral administration comprising said unit dosage form contained in blended powder or one or more capsules.

15.
16) A composition according to claim 7 wherein said composition is in the form of a powder, tablet, capsule, pill, liquid, food additive, candy, confection or nutrition bar.

16.
17) A composition according to claim 15 wherein said powder is admixed with a liquid.

17.
18) The composition of claim 7 in a sustained release form.

18.
19) An composition for enteral or parenteral administration comprising:

- 100 mg to about 500 mg by weight of Caffeine,
- 5 to 80 mg by weight of Adrenergic Amine,
- 5 mg to 100 mg by weight of Forskolin,
- 5 mg to 80 mg by weight of Guggulsterone,
- 5 mg to 50 mg by weight of Alpha-2 Receptor Antagonist, and
- 5 to 50 mg by weight of Vinca Alkaloid.

19.
20) A method according to claim 1, wherein administering is performed on a daily basis.

20.
21) A method according to claim 19, wherein said daily administration comprises at least two partial daily administrations of said composition.

21.
22) A method according to claim 1, wherein administering is performed following an exercise period.

22.
23) A method according to claim 1, wherein the composition comprises an amount of from about 125 mg to about 1310 g per day.

23.
24) A method according to claim 1, wherein the composition comprises an amount of about 270 mg to about 810 mg per day.

24.
25) A method as in claim 1 wherein said administration comprises a single daily administration.

25.
26) A method as in claim 1 wherein said administration comprises partial daily administration, said partial daily administrations comprising at least one nutrient selected from the group comprising Caffeine, Adrenergic Amine, Forskolin, Guggulsterone, Alpha-2 Receptor Antagonist, and Vinca Alkaloid.

26.
27) A composition consisting essentially of: 74.10% Caffeine, 7.41% Synephrine, 7.41% Forskolin, 7.41% Guggulsterones, 1.84% Yohimbine, and 1.84% Vinpocetine.

27.
28) A composition according to claim 7 wherein said compound weights are adjusted according to predetermined factors.

28.
29) A composition according to claim 27 wherein said predetermined factors include an individual's weight.

29.
30) A composition according to claim 27 wherein said predetermined factors include an individual's exercise intensity.

30.
31) A composition according to claim 27 wherein said predetermined factors include an individual's lean body mass.

31.
32) A composition according to claim 27 wherein said predetermined factors include an individual's proportion of body fat to lean body mass.

32.
33) A composition according to claim 27 wherein said predetermined factors include an individual's desire to increase energy.

33.
34) A composition according to claim 27 wherein said predetermined factors include an individual's desire to increase stamina.